

## AUGUST BATHROOM BANTER

### EVERY DAY IS MOTHER'S DAY

At the City of San Antonio

We love our working moms, and that's why COSAWell makes every effort to provide our COSA mothers with important resources to help them make the healthy choice the easy choice.

*We Love Moms*

### Onsite Lactation Rooms

August is National Breastfeeding Month and as cited in AD 4.15, the City accommodates the breastfeeding-related needs of employees by providing access to appropriate programming, facilities, time, assistance with equipment and storage. If you need a lactation room at your worksite or want to check-out a free, hospital-grade breast pump, just let your department's HR rep know and we'll take it from there.

### Programming

Designed to help mothers better understand & manage their pregnancy, the BCBSTX *Special Beginnings* maternity program supports mothers from early pregnancy until 6wks after delivery.

BCBSTX members can sign up or learn more by visiting [bcbstx.com](http://bcbstx.com) and clicking on the "My Health" tab or by calling 1.888.421.7781.

For more info on the City's mother-friendly resources, visit [sanantonio.gov/wellness](http://sanantonio.gov/wellness)



WELLNESS@SANANTONIO.GOV



### WELLNESS WORKSHOP

The Power of Positive Parenting  
presented by San Antonio Metro Health

Every family wants their children to grow up happy and healthy, but they aren't born with instruction manuals and parenting is not always easy. Everyone needs parenting support sometimes.

You can take the guesswork out of parenting with Triple P – Positive Parenting Program's simple and practical strategies. Their methods work and give you the skills and confidence to make parenting easier, and more fun!

This session will introduce parents to the key principles that form the basis of Triple P including ensuring a safe, engaging and positive learning environment, using assertive discipline, having reasonable expectations and looking after yourself as a parent.

LIVE WEBINAR  
WED, AUGUST 25  
1-2 PM



### HEALTHY RECIPE

Cool As A Cucumber Salad



It may be August but you can beat the heat with this cool, refreshing & easy recipe perfect for your next picnic or outdoor event. Stick to the recipe or deviate to your liking, you almost can't go wrong here.

#### Ingredients

- 8 cucumbers, diced into chunks
- 1 pint cherry tomatoes, halved
- 1c chickpeas (rinsed)
- 1/2c crumbled feta cheese
- 1/4 finely sliced red onion
- 1tbsp chopped fresh dill
- 1tbsp chopped fresh parsley
- 1tbsp chopped fresh mint
- 1/2 medium lemon
- 2tbsp olive oil
- Sea salt or Tajin to taste

#### Instructions

Place the diced cucumbers, the cherry tomatoes, the chickpeas, the red onion, ¼ cup of the feta cheese, half of the dill, half of the parsley and half of the mint into a large bowl; add the lemon juice, olive oil and sea salt, and gently toss together to combine.

Spoon the salad out onto a serving platter or into a salad bowl, and sprinkle over top the remaining ¼ cup of feta cheese and the remaining herbs, and serve.